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### January 6th 1993

Hispanic News

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A Publication of the  
Hispanic Communication &  
Development Corporation

Wednesday  
January 6, 1993  
Volume 6,  
Number 8



INLAND EMPIRE

# HISPANIC NEWS

*Serving the Hispanic Communities in the Inland Empire*

• San Bernardino • Colton • Rialto • Redlands • Fontana • Riverside • Rancho Cucamonga • Ontario

## Groundbreaking for New St. Mary's Church in Fontana

### Community College Board names Judith Valles to replace Joe Baca



**Judith Valles**

The San Bernardino Community College Board of Trustees, in a special meeting on Tuesday, January 5, 1993, announced the appointment of Ms. Judith Valles to fill the vacancy created by the resignation of Joe Baca, the new assemblyman for the 62nd Assembly District.

Ms. Valles has 37 years of professional experience in the field of

education including 22 years of varying levels of classroom experience from elementary schools to state universities. She holds an MA in Spanish Literature from the University of California at Riverside and a BA in English from the University of Redlands.

Starting as an instructor in Spanish at San Bernardino Valley College, Ms. Valles accumulated a distinguished 25-year career, including Executive Vice President of Academic and Student Affairs, Administrative Dean of Academic Affairs, Dean of Extended Day and Summer Session, Chair of the Division of Humanities and Head of the Foreign Languages Department.

Ms. Valles was appointed president of Golden West College in Huntington Beach in September, 1988. She was instrumental in pioneering new concepts and programs for the college. In 1989, she initiated the planning for the college's 25th anniversary in 1991. Her plans for retirement were postponed when asked to serve through 1993.

**Continued on page 3**



(Left to Right) Father Steven Porter, Bishop Philip Straling, and Father Michael Urrea at St. Mary's groundbreaking ceremony.

The ground-breaking ceremonies on December 19, 1992, is the beginning for a new Saint Mary's Church, located at 16548 Jurupa Avenue, Fontana, (across from the Jurupa Regional Park) which, when completed, will be more able to serve the expanding parish of over 1200 registered families.

The current small parish church and adjacent buildings on Slover Avenue have served the small number of Catholic families living south of freeway 10 for many decades, however, the influx of population in the Fontana area within the last decade has overflowed into the south Fontana area, including the large South Ridge residential project.

Bishop Philip Straling of the Diocese of San Bernardino, presided at the ceremonial Mass, with Father Steven Porter, pastor and Father Michael Urrea, assistant pastor, assisting in the service.

Bishop Straling addressing the approximately 200 dignitaries and parish members, stated, "Saint Mary's parish is increasing in its family membership every month and a new Saint Mary's Church will be able to accommodate every parish family for

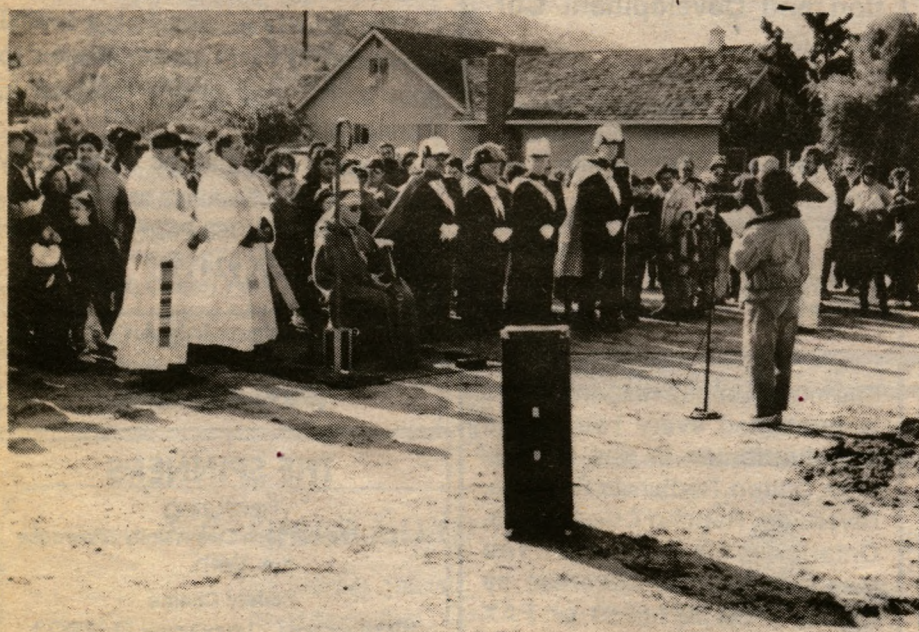
Masses and serve the families with religious programs for adults and youths. The initial funds for beginning the construction of the new church were the result of the diocesan construction fund to which every parish in the diocese has made special contributions." Bishop Straling spoke in English and Spanish to the multi-language audience.

The parish has a mixture of approximately 75% Hispanics, 25% Anglos, and other nationalistic groups, of which Filipinos are the largest of latter group.

The six acre property has been paid in full. The new church has been estimated to cost \$1,300,000 dollars.

According to the parish secretary, the parish sponsors parents and youth groups, marriage encounter programs, right of Christian initiation for adults intending to join the Catholic faith, prayer groups, theology classes for adults and youths. "Our parish has activities happening on a daily basis," she said.

Father Porter is from England and Father Urrea is from Colton. Both priests are Spanish-English linguists.



A parishioner reads the Epistle at the Mass held for the St. Mary's groundbreaking ceremony in Fontana.

The Board of Directors of the Inland Empire Hispanic News extends its deepest sympathy and condolences to Mr. Ray Abril, Jr. and the Abril family in the recent death of Don C. Abril. May He Rest in Peace.



## Baca named co-chair of Education Committee

Assemblyman Joe Baca (D-San Bernardino), announced today that he has been appointed as vice-chairperson to the Assembly Education Committee.

"I am extremely pleased with this appointment. I've always believed that education is the key to building a better life. And I want to make it a top priority in the State Capitol.

"As vice-chair of this committee, I will be proposing that we make innovative changes in our educational system."

The education committee is significant since in 1992-93 total funding for K-12 programs in approximately \$21.7 billion. The greatest state expenditure is in California's educational system.

We cannot do business as usual. Education is my top priority. "As vice chair I want to ensure that adequate funding and resources are allocated in order to improve our children's education and quality of life."

"I will seek to examine alternatives to our education delivery system; as well as strengthening partnerships with business, industry and the parents."

As a community college trustee, I have dealt with budget cuts and school curriculums. I know we can make our schools better. It will take time. It will take a lot of determination. But it can be done and must be done to ensure that California children get the opportunities they deserve," Baca said.

## Theodore P. Lopez of Highland, named 3rd District "Representative of the Poor"

Mr. Theodore P. Lopez of Highland has been elected as a "Representative of the Poor" representing the Third Supervisorial District for Community Services Department's Community Action Board. Community Services Department is the anti-poverty agency for San Bernardino county, responsible for developing and implementing programs to alleviate poverty and promote self-sufficiency. CSD's Community

Action Board is comprised of representatives from the private sector, public sector, and representatives of the poor. Mr. Lopez is employed by TRW and also is a task force member of the Youth Education Motivation Program (YEMP) which motivates youth to stay in school through visits to schools by local business people. Mr. Lopez will serve a term of five years on the Community Action Board.

## Holy Name Society Celebration, Jan. 16



Front row (L-R) Pete Cortez, Frank Campos, Jess Vargas, Adrian Sanchez, Joe Morales.

Back row (L-R) Fr. Arturo Chavez, David Becerra, Jess Valasquez, Luis Navarette, Fred Fernandez.

The Holy Name Society of Our Lady of Guadalupe Parish in San Bernardino is celebrating a double anniversary on January 16th. On this day 719 years ago, in the year 1274, the Blessed John Vercelli founded the Holy Name Society.

This date, also, will commemorate the 61st year that the Holy Name Society was organized in Our Lady of Guadalupe Parish with Brother Donisio Aburto as the first president. At that time, Rev. Gabriel Perez was parish pastor. Brother Jesus Casarez is the only living member from the original charter group.

The current officers of the group are: president Jess Vargas, vice-president Frank Campos, secretary Adrian

Sanchez, treasurer Pete Cortez, first advisor Florentino Costilla, second advisor Art Gierloff, third advisor David Becerra, fourth advisor Luis Navarette and marshall Felipe Lucero.

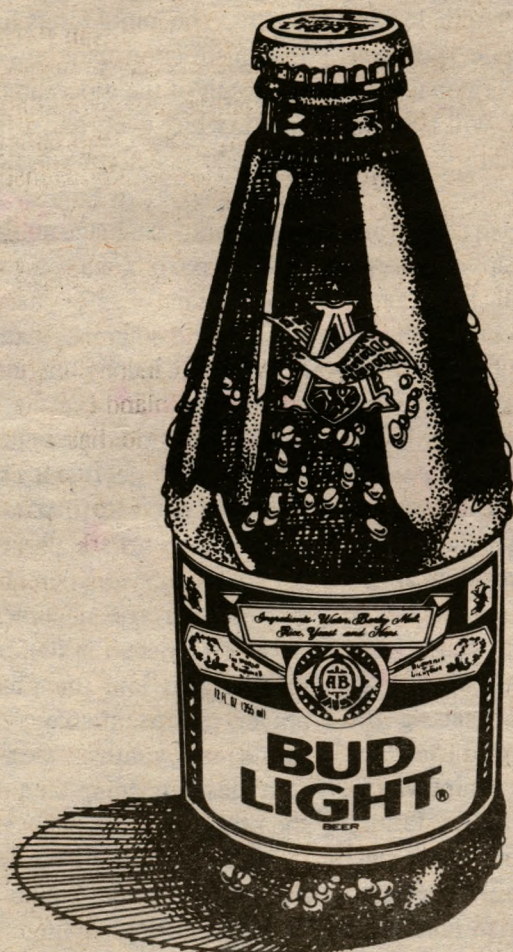
The celebration is, in addition, dedicated to the memory of the Beloved Apostle Rev. Charles McKenna. Father McKenna received permission from Pope Pious X to organize the Society in the United States in 1896, with the stipulation that wherever he planned to establish charters, the consent of the local bishop would be acquired. The Society was immediately accepted in Massachusetts, New York, Pennsylvania, Ohio, Indiana and Illinois. Thereafter, additional chapters were organized westward, beyond the Mississippi River.

The Holy Name Society is initiating the anniversary celebration with a Mass at our Lady of Guadalupe Church on Saturday, January 16th at 4:00 p.m. After the Mass a banquet dinner will be served at 6:00 p.m. at the Knights of Columbus Hall, 2392 Western Avenue, San Bernardino.

The Society is extending a cordial invitation to every parish chapter to join in the anniversary celebration. Dinner is \$5.00.

Reservations may be obtained by calling Adrian Sanchez at (909) 888-3938 or write to 968 Perris Street, San Bernardino, CA 92411.

**Everything else  
is just a light.**



**So ask them to bring out their best.**

Anheuser - Busch, Inc. Riverside - San Bernardino

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## Inland Empire HISPANIC NEWS

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(909) 350-6734

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Single Tickets: \$22/\$18/\$16



## NALEO REPORT

### California's Changing Economy Sparks Discussion & New Vision

Los Angeles, CA - December 28, 1992 - In an effort to better understand and address the changing ethnic demographics and economic issues facing California, the National Association of Latino Elected and Appointed Officials (NALEO) and Anheuser-Busch Companies recently hosted the "Vision for 1993 and Beyond: California in Transition" conference.

Held at the University of Southern California in Los Angeles, "Vision for 1993 and Beyond" attracted over 150 Latino community leaders, including local elected officials, academics and media managers. Featured were Jeff Hallett, chairman and co-founder, PresentFutures Group, Inc.; Joel Kotkin, senior fellow for the Center for the New West and international fellow at the Pepperdine University, School of Business and Management; and Linda Wong, executive director of the Achievement Council and formerly of California Tomorrow and the Mexican American Legal Defense and Educational Fund.

The speakers' presentations focused around California's need to restructure its economy in face of a continued recession and losses in the defense industry. Highlighted was the need to incorporate the state's largely Latino and Asian blue collar workforce, both of which are continually growing, into the state's economic future. As speaker Kotkin noted, "Latino- and Asian-owned businesses are really the future of Los Angeles. Contrary to popular belief, California's manufacturing industry continues to expand. Realizing this, many smart banks and other financial institutions are beginning to take advantage of the tremendous investment

value offered by the Latino and Asian businesses and workers."

The speakers discussed how this transition could not only boost California's economy but would also allow Latinos and Asians to gain more political and economic empowerment. "We know that the characteristics of financial success will be agility, flexibility, innovation, creativity, and value-added customer service. We also know that we need empowered people since human resources are our most important asset," said Hallett. "Because California's workforce has these characteristics and is diversified, it is truly at an advantage." Speaker Linda Wong concurred with Hallett by emphasizing that the key element in creating a smooth and effective transition would be to educate workers and businesses owners at all levels.

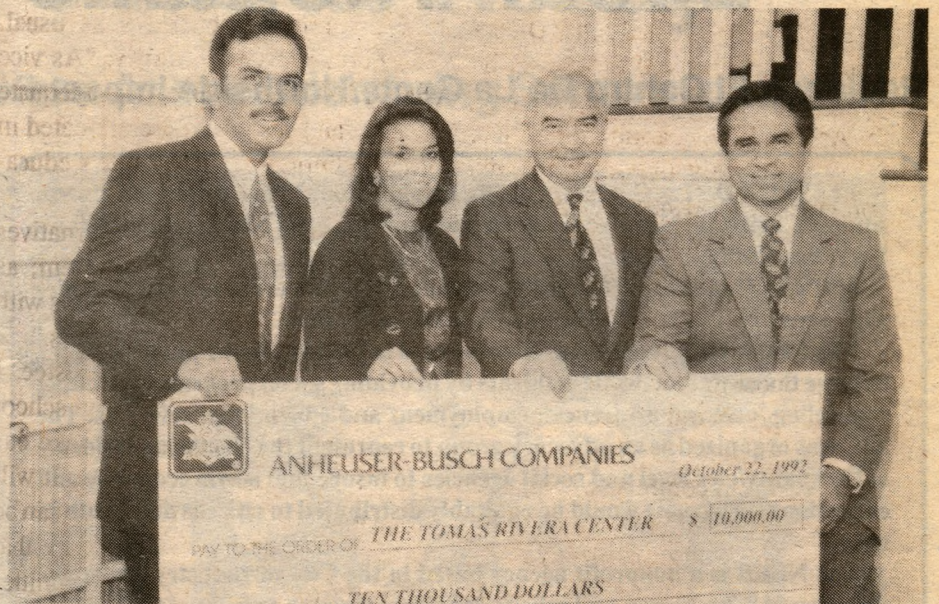
Dan Verches, regional corporate manager of Anheuser-Busch Companies, stressed the conference's timely importance, "As the New Year begins to unfold, various changes are underway that will greatly affect California. Anheuser-Busch Companies takes pride in encouraging a forum that addresses these changes and the people affected by them."

Founded in 1981, the NALEO Educational Fund is a national, non-profit, non-partisan Hispanic civic research and civic action organization. NALEO is nationally recognized as the foremost advocate promoting access to U.S. citizenship for our nation's legal permanent residents. NALEO's constituency includes close to 5,000 Latinos now holding public office.



(From left to right) Moderator Harry Pachon of NALEO, and speakers, Jeff Hallett of PresentFutures, Linda Wong of the Achievement Council, and Joel Kotkin of the Center for the New West address the future economic issues facing California at the "Vision for 1993 and Beyond: California in Transition" conference.

### Anheuser-Busch & Distributor give \$10,000 to Tomas Rivera Center



Recently, Anheuser-Busch Companies and Anheuser-Busch distributor, Foothill Beverage, donated \$10,000 to the Tomás Rivera Center (TRC), the nation's first non-profit institute for Hispanic public policy studies. The money will help support the center's research, education, and economic development programs. Pictured here from left to right are: Dan Verches, manager, Anheuser-Busch Companies; Sally Fernandez, director, Anheuser-Busch Companies; Dr. Arturo Madrid, president, TRC; Lou Enriquez, vice president, Foothill Beverage.

### SBCCD Board Apointment - From P. 1

Active in the community, she is a member of several professional organizations and has conducted a number of workshops for various organizations as well as women leadership workshops, and in addition to presenting papers on specialized curriculum for target groups. Ms. Valles is considered a dynamic speaker and is in constant demand for speaking engagements throughout the United States.

The most recent awards which have been presented to Ms. Valles for her contribution to education are: the California State Senate Rules Committee; the California State

Assembly; the City of Los Angeles; the Comision Femenil of Los Angeles; the Association of Hispanic and Professional Educators; and Outstanding Hispanic Educator for Orange County.

In an interview after the announcement, Ms. Valles said, "I am looking forward to working with the Board of Trustees. One of my goals when I return to San Bernardino is to help the college in whatever capacity. My son, daughters, brothers, and sisters were educated in this college. I want to return and give to this institution what it has given to us."

### Latino Lawyers Offer Free Legal Aid

Did you know that...

Inland Empire Latino Lawyers provides free legal aid to Riverside and San Bernardino County residents.

Wednesday nights at Bobby Bonds Park - 2060 University Avenue, Suite 113, in Riverside.

Monday nights at Lawrence Hutton Center - 660 North Colton Avenue, in Colton.

Sign in only from 5 to 6 p.m. for first come, first serve private consultation. Eligibility screening provided.

For more information call the office

at (714) 369-3009.

After an inconvenient construction shutdown, Inland Empire Latino Lawyers Legal Aid has started back its Wednesday night free legal clinics with Sign in from 5 to 6 p.m. only at the Bobby Bonds Park, 2060 University Avenue, Suite 113, Riverside and the Lawrence Hutton Center, 660 North Colton Avenue, Colton.

Open to Riverside and San Bernardino County residents who met eligibility screening. For more information call the office at (714) 369-3009.

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**THE CSUSB  
HISPANIC WOMEN'S CLUB**  
is sponsoring a dance  
UPPER COMMONS  
Friday, Jan 8, 8-12 PM  
\$5 each - \$7 Couple  
Latin Society Band  
882-67-41



# Local Hispanic Organizations Delive

Redlands El Centro De La Gente/Northside Impact Committee 9th Annual Christmas Navidad En El Barrio

El Centro De La Gente/Northside Impact Committee sponsored its 9th Annual Christmas Navidad En El Barrio program at its NIC headquarters on December 19th.

NIC was able to give 500 food baskets at this year's event to needy families who were previously identified through social agencies.

The Centro De La Gente was incorporated in 1982 as a multi-purpose center to serve the city's Northside residents by providing social programs including counseling, cultural awareness, employment and educational referrals. The NIC was organized as an advocacy group to represent the Northside residents at the county/city level and social agencies to insure that social/economic and educational programs would be equitably distributed to citizens and youth in need.

The NEEB is a nonprofit agency based in the City of Industry under the direction of John Flores, and solicits donations through an annual telethon for monetary and in-kind services. The agency distributes food baskets at Christmas time in barrios throughout the southern California area.

In the Redlands area, Ediberto and Gloria Flores and Gilberto Gil have organized these annual functions since the program's origin and are designated as the administrators for that area.

Persons interested in participating in the programs in Redlands area can call at (909) 792-0822 or (909) 798-7130 for further information.



Santa (Ricardo Aragon) distributed gifts with help from Crystal Campbell, Joseph Gil and Henry Ramirez.



(L to R) Robert Ramirez, SWFPA; Randy Diaz, SWFPA; Martin Gil, NIC; Ediberto Flores, NIC; Gilberto Gil, NIC; Leo Hernandez, NIC and Art Millan



Redlands Hispanic community members lined the sidewalk.

## GENTS Organization serves over 500 C



The men prepare in the kitchen



..and the ladies serve the guests



# Goodwill & Christmas Cheer to Needy

Fontana Hispanic Chamber and I. E. Puerto Rican Association bring Santa to children



The California Highway Patrol set up an information center



Fontana Mayor Boyle looks on as Santa and Mrs. Claus distribute gifts to children.



Santa's elves were in abundance to spread joy and the Christmas spirit.



Hundreds from the Fontana Hispanic community were received.

## Christmas dinners with all the trimmings



over 500 Christmas dinners



and give clothing to needy families.



## Coors sponsors "Navidad En El Barrio"

CITY OF INDUSTRY, Calif. - Christmas was made a little merrier this year for about 13,000 needy families throughout Southern California thanks in part to the efforts of Coors Brewing Company and its Southern California distributors.

For the fourth year in a row, Coors served as a major corporate sponsor of Navidad En El Barrio, a Christmas basket program serving the needy in Los Angeles, Orange, Ventura, Santa Barbara, San Bernardino, Imperial and Riverside counties.

In addition to a sizable cash contribution, Coors also donated the services of its distributors to deliver the Christmas baskets of food and toys to community service agencies which oversee the actual distribution.

This year Inland Beverage Company, a Coors distributor in the San Bernardino area, took part by delivering food baskets from the Navidad En El Barrio warehouse in the City of Industry to El Centro Del La Gente, Corona Community Services, and Community Settlement Association.

Now in its 20th year, Navidad En El Barrio has grown from serving 7,000 needy families in East Los Angeles to the largest Christmas basket operation in California. In addition to support from corporate sponsors such as Coors, the organization relies on funds raised through its annual Telethon, aired on KMEX-TV, Channel 34, the Los Angeles area's largest Spanish language television station.



Inland Beverage Company representatives volunteered their time to deliver food to needy families.

## Dental Health

### FACTS AND FALLACIES ABOUT DENTAL CARE

\*\*\*Bad teeth don't cause headaches, bursitis or anything like that. But jaw and tooth pains may be "referred" pains that originate in other areas.

\*\*\*A tooth knocked out in an accident can be saved. When a child falls and loses a tooth, pick it up, don't stop to clean it. Wrap it in a wet cloth and bring it and the child as quickly as possible to the dentist. Reimplantation works best with children (sometimes works with adults, too).

\*\*\*Playing the trumpet or trombone can correct a bad bite. However, playing flute or piccolo can make it worse. Saxophone can work either way.

\*\*\*Pain perception is less in the morning than in the afternoon, according to recent research. Suggestion: schedule dental appointments early in the day.

\*\*\*If you don't want to pay for a crown for a badly decayed tooth, ask for a filling with reinforcement pins. That does the job almost as well at a fraction of the cost.

\*\*\*Toothbrushes: Use two or more in rotation so they can dry out properly. Soft nylon is best. Natural bristle brushes take longer to dry. If not used properly, they can damage gum tissue because bristles are too firm and coarse. Angled brushes may help in reaching some areas. Caution: Too-vigorous brushing can wear grooves in tooth enamel. When used correctly, a toothbrush will not abrade tissues or teeth. And hardness of the bristles is not as significant as the way the brush is used and the time spent brushing.

\*\*\*Dental floss: Unwaxed floss is better because it absorbs particles.

\*\*\*Flushing devices (such as Water Pik): If used with too much pressure, device can damage tissue, force debris into periodontal pockets, and cause inflammation and infection. Recommendation: Use at half the recommended pressure.



### WHAT'S BEING PLANNED

### WHY THIS NOTICE?

### IF YOU CANNOT ATTEND THE MEETING

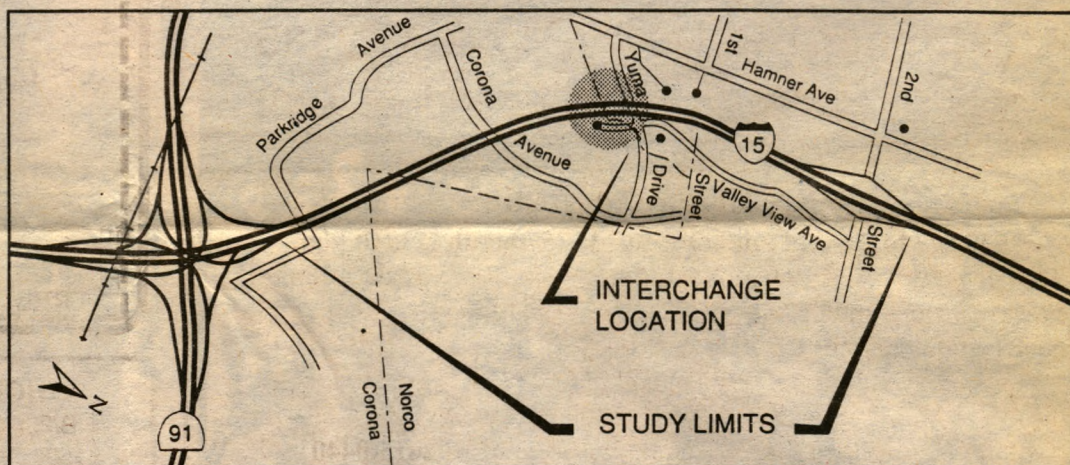
### WHAT IS AVAILABLE?

### WHEN AND WHERE?

### CONTACT

## Public Notice

### ANNOUNCEMENT OF PUBLIC INFORMATION WORKSHOP IMPROVEMENTS TO INTERSTATE 15



The California Department of Transportation (Caltrans) in partnership with the Riverside County Transportation Commission (RCTC) and the City of Norco is conducting studies to investigate the effects of adding an interchange to Interstate 15 at Yuma Drive in the cities of Norco and Corona. Auxiliary lanes along I-15 are to be studied between the I-15/SR-91 interchange and the I-15/Second Street interchange. The studies will involve the preparation of preliminary engineering plans, a Project Report and an Environmental Document. The study limits are illustrated on the map above.

A Public Information Workshop will be held to give an update on the study progress, to review the results of the Initial Meeting/Scoping Workshop held on June 16, 1992, to discuss the alternatives for the interchange, and to answer questions and consider comments.

If you cannot attend the meeting but have comments or questions regarding the studies, please submit your written comments by January 27, 1993, to Caltrans or our engineering consultant:

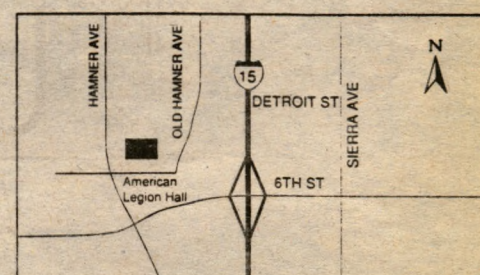
**CALTRANS**  
Frank Haider  
3560 University Avenue  
Suite 300  
Riverside, CA 92501

**CONSULTANT**  
Mel Placilla  
Greiner, Inc.  
Building 200, Suite 253  
5225 Canyon Crest Drive  
Riverside, CA 92507-6323

Handout materials generally describing the project study will be available at the public information workshop.

**Date:** Wednesday, January 13, 1993  
**Time:** 7:00 - 7:30 p.m. Open House  
7:30 - 8:00 p.m. Formal Presentation  
8:00 - 9:00 p.m. Discussion

**Place:** American Legion Hall  
3888 Old Hamner Avenue  
Norco, California



For more information concerning this project, please contact Mel Placilla (Consultant) at (714) 788-7746. For more information on other State transportation projects in District 8, contact Caltrans at 247 West 3rd Street, San Bernardino, CA 92402, (714) 383-4631.



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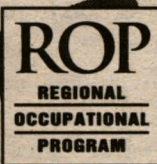
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The Colton-Redlands-Yucaipa Regional Occupational Program can help you to: • learn entry-level job skills; • upgrade your current job skills to keep pace with changing technology; • prepare you for advanced vocational educational training; or • start a new career.

Registration for ROP Spring Semester courses begins Jan. 11 from 7:30 a.m. to 4:30 p.m., and until 7:30 p.m. Jan. 13 and 20. Adults must register in-person at the ROP Central Office, 1214 Indiana Court, Redlands. Registration is accepted on a first come, first served basis.

A \$10 registration fee per course is required for adults. Any fees for books and materials also must be paid at the time of registration.

ROP courses begin the week of Jan. 25 at Yucaipa High School and Yucaipa Junior High School, and the week of Feb. 1 at Bloomington, Colton and Redlands high schools; the ROP facility, 1218 Indiana Court, Redlands; and all business locations.

High school students may register starting Jan. 11 with the school counselor or ROP career guidance specialist on their campus.

**For more information: (909) 793-3115**

Course catalogs are available at the ROP Central Office, 1214 Indiana Court, Redlands

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## Are You Ready For The Big One?

*Planning now may save your life and the lives of loved ones from an earthquake*

### Water

- Plan for a half-gallon a day per person for drinking and cooking, and store a two-week supply where it will not be disturbed until needed. Supermarkets and water distributors sell water in plastic jugs that won't break during a strong quake.

- Conserve water when possible by drinking other liquids that may be available in the house: juices, soft drinks, beer, wine and the like.

- Store tap water in plastic jugs for bathing and washing dishes, but conserve that supply by using paper plates and disposable utensils. Or line dishes with plastic and discard the plastic after use.

- Become familiar with other sources of water in the home that may be used in an emergency: ice cubes, hot water tanks, and even toilet tanks, providing no disinfectant has been added.

- Learn how to purify water by boiling it for about three minutes, by adding purification tablets or by adding household bleach. Use only liquid bleach containing sodium hypochlorite. Mix it in the following proportions: eight drops to a gallon of clear water or 16 drops to a gallon of cloudy water.

- Set aside enough water for pets.

### Food

- Store enough canned and dried foods. Select items that family members like and are accustomed to. Familiar foods can boost spirits and bring stability during chaos. Include fruits, vegetables, breads, cereals, milk, fish and poultry. Eat the most perishable foods first, especially if there is no refrigeration.

- If gas or electricity are not available, use a charcoal grill, hibachi or camp stove. If you do not have an outside cooking device, obtain one now. Charcoal should be burned only out of doors.

- Practice for an emergency by occasionally preparing a "disaster meal."

- Set aside enough food for pets.

- Do not open your freezer if you don't have to. Frozen foods can be used later.

### Shelter

- Be prepared to camp outside, if necessary, until shelters are opened. That means you should have a tent and know how to put it up. Also set aside waterproof material, blankets or quilts, and sleeping bags or mats.

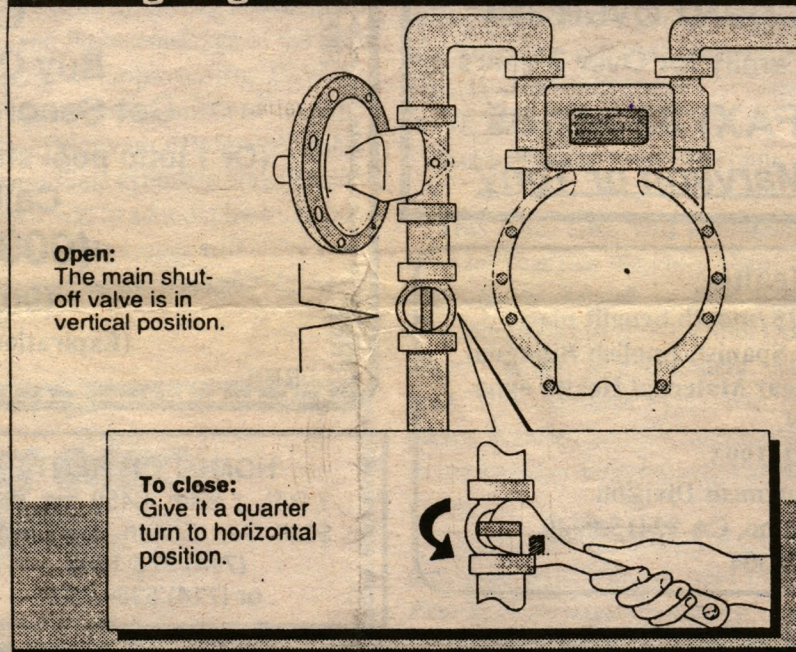
### Sanitation

- Learn now to sanitize human waste to prevent the spread of disease in the event water and sewer lines are disrupted. If lines are broken but the toilet is still usable, line the bowl with a plastic bag, seal it and store it in a tightly covered container such as a

garbage can. If necessary, buy additional garbage cans now.

- Four types of disinfectant are recommended: liquid chlorine bleach, calcium hypochlorite, portable-toilet chemicals and powdered chlorinated lime. If you use liquid chlorine bleach, mix one part bleach to 10 parts water. If you choose calcium hypochlorite, buy it now at a swimming pool supply store, mix it and store it in a safe place. If you choose portable-toilet chemicals, buy them now from a recreation vehicle supply company and use them only according to package directions. If you choose powdered chlorinated lime, be sure that you get chlorinated lime, not quick lime, which is highly corrosive. Be very careful in handling and storing these products.

### Shutting off gas



### Other essentials

Besides the items above, here are some other important items:

- ✓ Portable radio with extra batteries
- ✓ Flashlight with extra batteries
- ✓ First aid kit and instruction book
- ✓ Adjustable wrench for tuning off gas and water, and other tools such as screwdriver, hammer and pliers
- ✓ Smoke detector
- ✓ Fire escape ladder for second story
- ✓ Non-electric can opener
- ✓ Matches in waterproof container; candles

- ✓ Essential medication and eyeglasses

- ✓ Fire extinguisher, A-B-C type

- ✓ Money

- ✓ Sanitation items, for example: large plastic trash bags, bar soap, shampoo, pre-moistened towelettes, toilet paper
- ✓ Plastic utensils, paper plates and cups, paper towels and plastic food wrap

- ✓ Extra clothing, including sturdy shoes, gloves, and a hat or cap

- ✓ Garden hose for siphoning and firefighting

- ✓ A mini-survival kit for your car

### Vehicles

If you are driving when an earthquake strikes:

- Pull over and stop.

- Do not park under bridges, overpasses or overhead electrical wires.

- Stay in the vehicle until the shaking has stopped.

- If an electrical wire has fallen across your vehicle, stay in it because the vehicle will protect you from electrocution.

- Do not try to cross bridges, overpasses or roads that have been damaged.

- Do not use your vehicle until authorities announce that it is relatively safe to drive. Stay with your car because its heater or air conditioner can provide

flashlights for light. If you turn light switches on, you may ignite leaking natural gas. Do not use matches, lighters or candles until you have checked for a gas leak.

- Check near your stove, hot water heater and furnace for the smell of leaking gas. If you do smell gas, open windows and get everyone out of the house. Then turn off your gas at the meter. If you do not smell gas, leave the gas meter on.

- Clean up dangerous spills.

- If there is a fire, put it out with the proper extinguisher. Do not use water on electrical or gas fires. Turn off the stove, the washing machine or any other appliance that was operating when the earthquake hit. Do not flush toilets. Water in the tank (without disinfectants) can be used for drinking and cooking.

- In a high-rise building, move against an interior wall and protect your head with your arms. Do not use the elevators. Do not be surprised if the fire alarm comes on.

- If you are in a store, do not rush for the exits. Move away from display shelves containing objects that could fall. In a theater, stay in your seat and protect your head with your arms.

- If you are in the kitchen, move away from the refrigerator, stove and overhead cupboards.

- Turn on the radio and listen for instructions.

### If you are outside

- Stay in an open space, away from buildings, trees, signs and overhead power lines. Be careful of falling objects, glass and debris.

- Stay out of damaged buildings.

- If you are on a sidewalk near buildings, duck into a doorway to protect yourself from falling debris, plaster and glass.

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protection from the weather until help arrives. Listen to the car radio for any official announcements. Do not walk about.

- Keep streets clear for emergency vehicles.

- If necessary, use a flashlight or a hand-held mirror to signal for help.

- Check now to make sure your spare tire is in good condition.

- Make sure you have a tire repair kit—especially the kind that contains an aerosol can for inflating a flat tire.

### If you are inside

- Stay inside, away from windows, bookcases, mirrors and hanging plants. Stand in a doorway, or get under a sturdy desk or table. Do not try to use your telephone, except to report life-threatening emergencies.

- Wear shoes. Also, wear heavy gloves to clean up debris.

- If you are in a wheelchair, stay in it. Move to cover, if possible, lock your wheels and protect your head with your arms.

- If your electric power is off, use only